



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

Love begins by taking care of the closest ones – the ones at home.”  
- Mother Teresa

## Caregiver Tip

Caring for someone often goes beyond their physical and emotional needs to include legal needs. Here are some tips for caregivers to consider.

**Select the Right Tools:** There are a variety of legal tools including power of attorney documents and advance directives. Selecting the right tools will help caregivers to meet their family's needs.

**Seek Advice and Education:** Some nonprofit and legal organizations provide free legal advice to seniors.

Northern Virginia Legal Services provides free legal advice to seniors age 60 and older. Find them at [www.lsnv.org](http://www.lsnv.org). Senior Services of Alexandria and the Alexandria Bar Association hosts their annual Senior Law Day on October 18, 2014 at the First Baptist Church. Find more information at <http://www.seniorservicesalex.org/>.

**Caregiver Support Group**  
**Wednesday, October 1, 2014**  
**4—5:30 p.m.**  
**Alexandria Adult Day**  
**Services Center**

## Resources

### Caregivers Conference - Caregiving: Taking a Closer Look— November 11, 2014

This annual conference is a chance to learn practical caregiving tips, talk with other caregivers and visit vendors who offer supportive services. Free respite care is available for caregivers who want to attend the conference, please call 703.904.3994 no later than October 15th.

The conference is from 8 a.m. to 4 p.m. at First Baptist Church of Alexandria. For more information call (703) 324-5425. Register at <https://nvdcc.eventbrite.com>

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A publication of the  
City of Alexandria  
Department of Community and Human Services  
Division of Aging and Adult Services

October 2014